



Social media is a great way to stay up to date with club events and races and stay in touch with your friends in your club.

In order to stay safe online Triathlon Ireland recommends the following to junior athletes.

Triathlon Ireland

SOCIAL MEDIA GUIDANCE FOR JUNIORS

triathlonireland.com



Avoid asking your coach or another adult club officer to be friends on a social networking site as they may be obliged to refuse on the grounds of good practice.

Never share anything that may be untrue and hurtful or that you may regret sharing afterwards or could be used for the wrong intentions by another individual. Never post anything that you would not put in writing or say to another individual face-to-face. Remember what is illegal offline is also illegal online. This could both breach Triathlon Ireland policies and be against the law.

Think about who you are becoming friends with on social media sites and **be aware that people can hide behind a fake persona or profile online.**

Avoid sharing photos of other junior club members through your social media channels without checking that they, and their parents, are happy with this.

Don't use your phone in changing rooms and never take pictures in the changing room of yourself or others. Respect the privacy of other athletes.

Avoid messaging a coach or leader in your club privately as they may feel they cannot respond. Message them as part of a group instead or ask your parent/guardian to message them for you.

Be careful of who you give your contact number to and do not respond to a number you don't know.

think before you post

Remember anything that is shared can easily be passed on to others and may not stay with just the individual you have shared it with and, depending how it has been shared, may be accessible to anyone else online.



what should you do if you have concerns?

At some time during your use of social media **it is likely that you will view something that you will have concerns over**, which could range from negative comments, bullying, or an offensive photo or message that makes you feel uncomfortable. Do not reply, save it and tell a parent, club children's officer or trusted adult.

If you ever feel uncomfortable about someone messaging you or something doesn't feel right then **tell a trusted adult**.



contacts

Who can you speak to you in club?

Your **Club Children's Officer** represents your voice in your club. If you can't talk to your club children's officer you should talk to another trusted adult.

Who can you contact in Triathlon Ireland?

Ask a trusted adult to contact the Triathlon Ireland National Children's Officer:
Niamh O' Gorman
Contact number: **0873627106**
email: **niamh@triathlonireland.com**

childline

Childline online and mobile safety, [click here](#).

Call Childline from the Republic of Ireland on **1800666666**
or text 'talk' to **50101**

Call Childline from Northern Ireland on **0800 1111**

child exploitation and online protection command

www.ceop.gov.uk

websites:

[Webwise](#)

[Netaware](#)

[Watch your Space](#)

[One Good Adult](#)



resources